

## **Pectoralis Major Repair**

\*If surgery was performed by Dr. VanThiel, please see vanthielmd.com for therapy protocol.

**Precautions:** Until 12 weeks post-op, NO PROM; No contact sports or bench press until 6 months post-op; No elbow flexion past 90 degrees

### **Phase I (0 – 6 weeks post-op)**

- *Goals:* Pain control and protection
- *Sling:*
  - 0-2 weeks: Worn continuously except for hygiene & HEP
  - 2-6 weeks: Worn daytime only
- *ROM:*
  - 0-3 weeks: Elbow, wrist, and hand AROM with shoulder in neutral position at side
  - 3-6 weeks: Begin PROM as follows:
    - Flexion - 90
    - ER - 45
    - Extension - 20
    - Abduction - 45
- *Exercises:*
  - 0-2 weeks: Elbow/wrist, grip strengthening
  - 2-6 weeks: PROM as above, Pendulums, Posterior capsule mobilizations, \*avoid stretching the anterior capsule

### **Phase II (6 weeks – 12 weeks post-op)**

- *Sling:* Discharge at 6 weeks
- *ROM:*
  - PROM to tolerance
  - Begin A/AAROM
  - *Goals:*
    - ER – full
    - Flexion – 135
    - Abduction - 120
- *Exercises:*
  - Continue with wrist/elbow AROM & grip strengthening
  - Begin AAOM exercises
  - Initiate closed chain scapular exercises
  - Begin resistive exercises for scapular stabilizers, biceps, triceps, & rotator cuff

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- Use exercise arcs that protect the anterior capsule
- Keep all strengthening exercises below the horizontal plane
- At 8 weeks, begin deltoid & rotator cuff isometrics
- NO resisted IR/adduction

**Phase III (12 weeks – 16 weeks post-op)**

- Sling: None. Discharge at 6 weeks post-op
- ROM: Gradual return to full AROM
- Exercises:
  - Advance exercises from phase II
  - Begin UBE
  - Emphasize ER & lat eccentrics and GH stabilization
  - At 12 weeks, begin cycling & running
  - At 16 weeks, begin planks & push-ups

**Phase IV (4 months – 5 months post-op)**

- ROM:
  - Full & pain-free ROM
- Exercises:
  - Aggressive scapular stabilization & eccentric strengthening
  - Begin plyometric & throwing/racquet program
  - Continue endurance activities
  - Maintain ROM & flexibility

**Phase V (5 months – 7 months post-op)**

- Full ROM & pain-free
- Exercises:
  - Progress phase IV activities
  - Return to full activities as tolerated & per physician release

Adapted From:

- 1) Pectoralis major repair. William Beaumont Army Medical Center. El Paso, TX: 2008.
- 2) Brian Cole, MD, MBA Pec Major Tendon Repair/Rehabilitation Protocol. Midwest Orthopedics at Rush Chicago.